

Russian Practice Methods

The Russians do the best passing in practice that I have seen. Their point shot practice with switches is a key to the power play they use that switches from high to low, spread to 1-3-1 Diamond to Overload. I coached in Austria with Vladimir Jursinov who was with Tikonov during the Soviet domination of international hockey and was head coach in the 98 Olympics and a dominant figure in Russian hockey now. So a few of the drills are his but non Russian teams are doing them. I have added links to the videos on YouTube.

Click on the Blue Title and it will take you to the Forum posting with the diagram, description and video link on the hockeycoachingabc.com site. Click on the YouTube link and it takes you to the video.

A – Individual Skill and Skating

A2 Backward Skating Tag Game-Jursi

https://youtu.be/HjlyVgYU_Nc

A3 Russian Skating Warm up - RB U17-20

<https://youtu.be/mSop48n1yR8>

A3 Skills Warm Up

A3-B300 – Stretch-Edges-Passing Routine - Russian U20

<https://youtu.be/9MoLki8PhyM>

A200 Russian Olympic Coach Teaches Puck Handling

<https://youtu.be/hWArS-S2qKQ>

A200 Big Moves Russian Warm-up

<https://youtu.be/91xTyEp6DM0>

A300 Multiple Puck, Ball Nervous System Overload

A300 Before and After Practice Individual Skills - Russian U20

https://youtu.be/UmdNhKc_2JA

B – Partner and Team Skill

B2 - Skate and Shoot vs Backchecker Russian U20

<https://youtu.be/j7DNzRrS1nM>

B2 - D Walk Line-Switch D to D One Timer - Russian U20

B2 Point Shots B600 Give-Go-Shoot Russian U20

B2 - Russians D to D and Pass to Point

<https://youtu.be/5ly0yhCgdXU>

B2 - Skate and Shoot vs Backchecker Russian U20

<https://youtu.be/j7DNzRrS1nM>

B300 Monkey in the Middle vs 1 and 2 - Russian U20

<https://youtu.be/aePiP5IxxNw>

B5 - D Alternating Point Shots - Russian U20

<https://youtu.be/-VekY1yZYh0>

B5 Pass and Shoot Warm-up Russian Women National Team

B6 Jursi Skate-Pass-Shoot

https://youtu.be/P_gx6-rJeOA

B6 Puck Handling Eight Exercises

B300 - Pass and Keepaway - U18 G

B300 - Passing 2-3 Players - Russian U20

<https://youtu.be/cn9jZ-0Bwok>

B300 - Passing 2-3 Players and Shot - Russian U20

<https://youtu.be/klxPgznUF0U>

B500 - Datsyuk Group Puck Protection

<https://youtu.be/LzJeS2z4NKQ>

B600 - One Touch x 2 Circle-Pass-Shoot - Russian U20

<https://youtu.be/Tvczzat31Ak>

B600 - One Touch x 2-Wide Pass-Shot - Russian U20

<https://youtu.be/oFQGpSyG7Vg>

C – Game Situation Skills

C3 - Double Regroup-One Touch- 1-1 - Russian U20

<https://youtu.be/xWhmseJ0LrE>

C3 - Double Regroup-One Touch- 2-1 - Russian U20

<https://youtu.be/NvF56io2eTA>

C6 1-1 Both Corners-Jursi

<https://youtu.be/7N6DJqQTZjY>

D – Games to Teach the Game

D1 Shinny – Russian U20

<https://youtu.be/waxmknHzVlg>

D4 One Pass One Second - Russian U20

DT - Transition Games

DT100, 1 - 1 Passive Support D Join Rush and F Backcheck-Juuso, Jursi

<https://youtu.be/R2cg-9w-Z8c>

DT400 - 2 on 1 Yursi-Juuso IIHF

<https://youtu.be/l-Uko5pKHkY>

DT400 - 3 on 2 Jursi-Juuso IIHF

<https://youtu.be/OKT-J9hphvQ>

E – Shootouts and Contests

E1 Shootout – Russian U20

https://youtu.be/4JFJ_bSuDkg

E1 Shootout - Russian U20

<https://youtu.be/12UOnXP37C8>

O – Off-ice Training

O – Russian Coach Leads Training Circuit with Swedish Players – U20

https://youtu.be/k5bb6E_D9jg

Russian Tire Training

O - Dynamo Goaltender Dryland – Russia

<https://youtu.be/Cs5QxtZakyg>

O - Moscow Dynamo Dryland – Russia

<https://youtu.be/kzMXJWi7EjI>

Team Play

T - About Routines - Russian U20

<https://youtu.be/Q1Shc75QV74>

T1-3 - High and Low Cutbacks 1-1 - Russian U20

<https://youtu.be/CNHE3SlxvAc>

T2 - D to D and Point Shot - Russian U20

<https://youtu.be/H6O3EjkZAlg>

T2 - 5-0 Breakout Options Routine - Russian U20

<https://youtu.be/dJ-gmPtTcHM>

T2 - Diamond and Spread PP Below Goal Line - Russian U20

<https://youtu.be/LHDNSDOhIHw>

T2 - 5-4 PP - Russian U20

<https://youtu.be/eEhVKbs7B5Y>

T2 - RG 5-2 x 2 - Russian U20

<https://youtu.be/hBMjoJdQgqw>

T2-4 - D400 - 5-4 - Russian U20

<https://youtu.be/WASWO1FYlgw>

Russian Drills – Booklet with many drill diagrams.